



## Menu du Jour

11 Feb 06

Pub-style Pickled Onions  
(Makes 2 pints)

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### Pub-style Pickled Onions

*Traditional pub grub in England, pickled onions also go well with roast beef or just atop some salad greens. They are always part of an English ploughman's lunch – large chunks of crusty bread, hard cheese such as cheddar, cured meat, pickles, and pickled onions. Pickled onions should be crisp, crunchy, and full of flavor. The onions take about a month to develop their full flavor so this is not something to do today and eat tomorrow. (The onions will keep for six months.)*

1 (8-ounce) package red boiler onions  
1 (8-ounce) package yellow boiler onions  
2 carrots, peeled and cut into slices  
6 cups water  
1/3 cup coarse kosher salt  
1/2 cup granulated sugar  
1/2 cup dark brown sugar  
4 cups white vinegar  
1 cup cider vinegar  
3 tablespoons pickling spice  
2 dried Tabasco chiles  
2 dried Japonese chiles  
2 bay leaves  
1 (1-pint) canning jar  
2 (8-ounce) canning jars

Bring a 2-quart saucepan half-full of salted water to a boil over medium heat. Add one half of the onions, return to a boil and cook for 2 minutes. Transfer the onions with a slotted spoon to an ice bath. Repeat with the remaining onions. Cook the carrots in the boiling water for 2 minutes; drain and shock in an ice bath. When the onions are cooled, remove the skins and place in a non-reactive container. Transfer the carrots to the same container.

Heat 1 1/2 quarts of water to a simmer and add the salt. Stir to dissolve. Cool completely. When the salt solution has cooled to 41 degrees F. or below, pour over the onions and carrots; weigh them with a saucer so they are completely submerged. Allow the onions and carrot slices to soak overnight. Drain and rinse twice under cold water.

Combine the sugars, vinegars, and pickling spices in a medium saucepan; bring to a boil, reduce heat, and simmer, covered, for 10 minutes.



Pack the onions and carrot slices into sterilized jars. Add 1 Japonese chile, 1 Tabasco chile pepper, and 1 bay leaf to each jar; fill the jars with hot pickling liquid (and pickling spices) and seal. Process in a hot water bath for 10 minutes. Remove from canner and cool.

Allow the onions to mature for 4 weeks before serving.

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### Cooking & Presentation



**Onions and Carrots Ready For Pickling**



**Brine Solution**



**Finished Onions**